

# I Feel,

Welcome to "I Feel," your personal mood tracker designed to help you monitor your emotional well-being during the postpartum period.

This tool is intended to encourage self-awareness, identify potential signs of postpartum mental health challenges, and facilitate open communication with your healthcare provider.

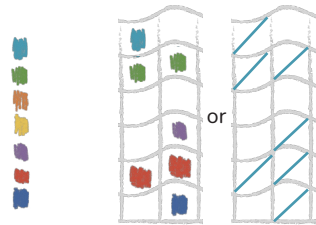
**Remember, this tracker is not a self-diagnosis tool but a valuable resource for initiating conversations about your emotional health.**

### Mood Tracker:

Reflect on your feelings throughout the day and mark the specific emotions you experienced from the provided list.

Include both positive and negative emotions to capture a comprehensive picture of your daily feelings.

- Happy
- Tired
- Anxious
- Hopeful
- Hopeless
- Overwhelmed
- Sad



### Sleep Quality:

Rate the quality of your sleep.

P= Poor, M=Moderate, E=Excellent. Note any disturbances or challenges related to sleep.

### Physical Symptoms:

Check off any physical symptoms you experienced today, such as fatigue, headaches, or changes in appetite. This section helps monitor the potential physical manifestations of emotional well-being.

### Stress Triggers:

Identify and jot down any events or situations that triggered stress or anxiety. This information will help you recognize patterns and potential sources of emotional distress.

### Reminder:

**Complete the tracker at the end of each day. Be honest and open with yourself about your emotions and experiences.**

## Week 1

### Mood Tracker:

1	2	3	4	5	6	7

### Sleep Quality:

E						
M						
P						

### Physical Symptoms:

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### Stress Triggers:

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## Week 2

### Mood Tracker:

1	2	3	4	5	6	7

### Sleep Quality:

E						
M						
P						

### Physical Symptoms:

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### Stress Triggers:

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## Week 3

### Mood Tracker:

1	2	3	4	5	6	7

### Sleep Quality:

E						
M						
P						

### Physical Symptoms:

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### Stress Triggers:

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## Week 4

### Mood Tracker:

1	2	3	4	5	6	7

### Sleep Quality:

E						
M						
P						

### Physical Symptoms:

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### Stress Triggers:

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## Week 5

### Mood Tracker:

1	2	3	4	5	6	7

### Sleep Quality:

E						
M						
P						

### Physical Symptoms:

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### Stress Triggers:

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## Week 6

### Mood Tracker:

1	2	3	4	5	6	7

### Sleep Quality:

E						
M						
P						

### Physical Symptoms:

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### Stress Triggers:

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# I Feel

Your Personal Mental  
Well-being Tracker